

**COMPOSITION OF PARTICLES FOR DAMPING VIBRATIONS, METHOD FOR  
ASSEMBLING A MIRROR ADJUSTMENT MECHANISM, AND  
MIRROR ADJUSTMENT MECHANISM**

**ABSTRACT**

**[0045]** A composition comprising particles for damping vibrations performed by cooperating surfaces of a mirror adjustment mechanism relative to each other. The cooperating surfaces adjustably connect a mirror holder for supporting the mirror element with a base plate that can be fixedly mounted to a motor vehicle. In an embodiment, the particles positioned close to one of the surfaces are arranged to move to a lesser extent relative to that surface upon a high-frequency pivoting of the cooperating surfaces than particles that are further removed from that surface. A method for assembling a mirror adjustment mechanism for adjusting a mirror element of a mirror unit of a motor vehicle mirror and an adjustment mechanism for adjusting a mirror element of a mirror unit are also disclosed.